



NMCPHC QUICK HITS

Heart Health

Physical inactivity, unhealthy eating, and smoking increase the risk of heart disease and, for Sailors and Marines, can negatively impact their career and compromise mission readiness.¹ Alarming, according to the 2013 Fleet and Marine Corps Health Risk Assessment, 24 percent of active duty Navy respondents and 32 percent of active duty Marine Corps respondents indicate smoking as a lifestyle habit, and 40 percent of both Navy and Marine Corps active duty respondents report consuming a diet of high fat foods.² While heart disease is often viewed as something to worry about when you get older, an estimated six in 10 preventable heart disease and stroke deaths happen to people under age 65.³

Heart health can be improved at any age through a nutritious diet that is low in saturated fat and sodium, moderate to vigorous physical activity most days of the week, maintaining a healthy weight, and quitting smoking. Visit the [February – Heart Health HP Toolbox](#) for resources related to heart health, including information on healthy eating, active living, tobacco free living, and stress management, as well as cholesterol, diabetes, and blood pressure.



Save the Date: “Getting to the Heart of It: Preventing Heart Disease and Promoting Heart Health” Webinar
In collaboration with the Air Force Medical Support Agency, Navy Medicine, and the Centers for Disease Control and Prevention’s Million Hearts® Initiative, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center (NMCPHC) will host a webinar entitled “Getting to the Heart of It: Preventing Heart Disease and Promoting Heart Health” in support of Heart Health Month. On **18 February, from 1130-1300 ET**, join NMCPHC and guest speakers to discuss the burden heart disease in the United States, resources and programs to prevent heart disease and promote heart health, and how to recognize symptoms.

Visit the [HPW Webinars webpage](#) to learn more about the webinar. To view the webinar on the day of the event, click on or copy and paste the following link: <https://connectcol.dco.dod.mil/hearthealth/>

¹ Cardiovascular Disease & Diabetes. American Heart Association.

http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp. Updated 31 January 2013. Accessed December 2014.

² EpiData Center Department, Navy Marine Corps Public Health Center. Fleet and Marine Corps Health Risk Assessment 2013. <http://www.med.navy.mil/sites/nmcpHC/Documents/health-promotion-wellness/general-tools-and-programs/HRA2013-annual-report.pdf>. Published 2014. Accessed December 2014.

³ Vital Signs: Preventable Deaths from Heart Disease & Stroke. http://www.cdc.gov/dhds/vital_signs.htm. Updated 13 March 2014. Accessed December 2014.

